# The Town of West Hartford Announces an Open Competitive Examination for the Position of

# **Police Officer**

Application Deadline:
Open until positions filled

**Salary Range:** \$67,184-\$86,710

#### REQUIRED APPLICATION MATERIALS

- I. Town of West Hartford Application
- Copy of CHIP Physical Ability Certification Card (applicants with expired CHIP cards must be reassessed by CHIP, Inc.)
- 3. Copy of College/University Transcript, or DD214 Military Service Form, or Current Police Officer Certification Card.
- 4. Drug Testing Supplement Form
- 5. Non-Smoking Statement
- 6. Body Art Acknowledgement

A <u>COMPLETE APPLICATION</u> PACKAGE MUST BE ON FILE IN THE EMPLOYEE SERVICES DEPARTMENT IN ORDER TO BE CONSIDERED FOR THIS POSITION.

#### **Minimum Qualifications**

- > Age: Twenty-one (21) years of age. Please state your date of birth in the space provided on the application.
- Education: Associates Degree or equivalency (60 credit hours) at an accredited college/university; or four years active military experience; or Connecticut certified police officer at the time of application. Candidates must provide a college/university transcript documenting the completion of an Associates Degree or credit hour equivalency, or a copy of the DD214 form documenting four years of active military experience, or a copy of their current police certification with their application materials.
- License: Applicants must possess and maintain a valid driver's license and a driving history in accordance with the Town of West Hartford's Safe Driving Record policy. An individual may not be considered for appointment if he or she has had a major violation conviction within a three year period; four or more motor vehicle violations other than major within a three year period; or suspension or revocation of a license for any reason in the past five years. A valid Connecticut Driver's License is required at the time of appointment.
- > Residency Requirement: Candidates must be <u>U.S. citizens</u> and shall be required to reside within thirty (30) minutes travel time of headquarters prior to completion of the probationary period.
- Physical Examination: Must meet departmental physical fitness standards, certified through CHIP, Inc. prior to application. A copy of valid CHIP certification card must accompany application materials. A post-offer, pre-employment physical examination is required prior to appointment in accordance with departmental standards.

- Drug Testing: Candidates shall be required to submit to a drug test as part of the pre-employment medical examination. Applicants must complete the *Drug Testing Supplement to the Employment Application*. Failure to do so will automatically disqualify your application for the position.
- Non-Smoking Requirement: Due to the physical demands of this position, the Town of West Hartford requires that all qualified candidates certify that they are non-smokers. Applicants must complete the Non-Smoking Statement as part of the application process and candidates must have refrained from smoking for at least the past six (6) months.
- **Body Art:** As a condition of obtaining and continued employment with the Town of West Hartford Police Department, all Police Officers hired on or after December 1, 2012 shall adhere to standards regarding Body Art. Applicants must complete the *Body Art Acknowledgement*. Failure to do so will automatically disqualify your application for the position.
- Character Requirement: Candidates must meet the highest legal and ethical standards. No applicant will be accepted with any drug related conviction, felony conviction, conviction for any Class A or Class B misdemeanor or any conviction for domestic violence. Candidates will undergo a rigorous background investigation, including a polygraph, before any offer of employment. An applicant may be disqualified for poor employment history, recent use of illegal drugs, or previously undetected criminal activity. Any omission, falsification, fabrication, lie or misleading statement will automatically result in disqualification from further consideration with Town of West Hartford.

<u>NOTE:</u> According to Connecticut General Statutes Sections 46b-146, 54-760 or 54-142a effective October 1, 2002, applicants are not required to disclose the existence of any arrest, criminal charge or conviction, the records of which have been erased pursuant to a finding of delinquency or a finding that a child was a member of a family with service needs, an adjudication as a youthful offender, a criminal charge that has been dismissed or nolled, a criminal charge for which the person has been found not guilty, or a conviction for which the person received an absolute pardon.

#### Job Purpose

This is general duty police work involving responsibility for the protection of life and property; the prevention, detection and investigation of crime; and for maintaining law and order. Assignments are received from superior officers and are carried out in accordance with established police rules and procedures. Police Officers must use their own judgment and act without supervision in meeting emergencies. Work is reviewed through reports, on-the-job inspection and observations of results obtained.

#### Job Environment

Employees in this class are required to perform their duties under all conditions of weather. Hazards to personal safety arise from both personal, mechanical, natural sources and include possible loss of life.

#### **Essential Job Functions**

- Patrols an assigned area on foot or in a cruise car. Continuously checks windows and doors of business establishments and of assigned private homes; investigates any suspicious conditions.
- Maintains continuous enforcement of motor vehicle laws, criminal statutes, and local ordinances.
- > Assists stranded motorists, injured persons, and ill persons. Escorts and guards payroll deliveries.
- > Gives information concerning street and building locations, routes, bus schedules, etc.
- > Investigates reports of wanted or missing persons or property.
- Brings persons to police station for booking of violations. May fingerprint and process suspects.
- Prepares written reports for the Prosecuting Attorney, presenting all of the facts pertaining to a particular crime.

- > Testifies in court and presents evidence.
- Directs traffic at an assigned area or as indicated.
- > Prepares reports of all activities and complaints.
- > Reports unsafe and hazardous conditions while on patrol. May be assigned to perform predominantly traffic accident investigations and the conduct of safety programs while detailed to the Traffic Division.
- May be assigned to perform predominantly complaint desk, dispatch and clerical duties at Police Headquarters.

#### **Additional Work Responsibilities**

- May conduct or assist in conducting investigations and surveillances.
- Appears before special interest groups to speak on various aspects of police work.
- > Performs related duties as required.

#### Required Knowledge, Abilities, and Skills

Ability to be trained in modern methods of first aid; ability to be trained in all aspects of entry-level police work; ability to observe situations analytically and objectively and to record the situation and information gathered in a complete and clear manner; ability to handle conflicting priorities; ability to react quickly and calmly in emergencies; ability to mediate disputes; ability to establish and maintain effective working relationships with associates and the public; ability to deal firmly but courteously with the public and communicate effectively with diverse community members and groups; ability to learn modern methods of crime detection and prevention; ability to understand and execute written and oral instructions; ability to prepare clear and comprehensive reports; ability to learn the effective use and care of firearms and other self-protective devices; ability to drive a police vehicle in hazardous conditions; and sufficient physical strength and agility to defend oneself or to subdue violent persons.

#### Method of Selection

Non-Certified Applicants: Candidates who successfully pass all phases of the examination for this position will have their names placed on an Eligible List.

The examination process includes:

Method of Selection	Weight
Certification of Physical Ability	Pass/Fail
Written Examination	Pass/Fail
Oral Board Interview	Pass/Fail

Written Examination: The written examination will be scheduled on an individual basis. Information confirming the exam date and including the exam time and location will be mailed to you prior to the date of the examination. The minimum passing score on the written examination will be based on an acceptable passing rate as determined by the Director of Employee Services. You must pass the written examination to be eligible to be invited to the oral board interview. Candidates who fail to achieve the minimum passing score on the written examination will be disqualified from any further consideration for the position. (The Town of West Hartford reserves the right to administer a second written examination at its discretion.)

Oral Board Interview: The last phase of the examination for Police Officer will be an interview before a panel of police and/or personnel representatives. This phase of the examination is designed to aid in the determination of a candidate's maturity, communication skills and motivation for the position. The Town reserves the right to limit the number of candidates who are invited to the oral interview. Candidates who have passed the written examination but who have failed this portion of the examination will be disqualified at this time from any further consideration for the position of Police Officer.

Certification of Physical Ability: All candidates are required to produce evidence of physical ability as certified through Complete Health and Injury Prevention, Inc. (CHIP, Inc.). Evidence of certification is the candidate's responsibility and is obtained separately from the Town of West Hartford recruitment process. To participate in the physical ability testing, candidates must register with CHIP, Inc. by completing a registration form and mailing it directly to CHIP, Inc. The Physical Ability Test is designed to determine if an applicant has sufficient physical strength and agility to defend him or herself and/or to subdue a violent person. (See CHIP, Inc. materials for details)

Background Investigation: A thorough background and character investigation will be conducted for the specific purpose of obtaining pertinent data for the West Hartford Police Department to consider in determining suitability for employment as a Police Officer. Eligible candidates will be requested to authorize a release of personal information, however personal or confidential it may appear to be, including but not limited to, educational, financial/credit agencies and institutions, medical history, employment history, legal complaints, arrests, or convictions and motor vehicle history.

The Police Chief reserves the right to reject any eligible candidate whom, on the basis of background and character investigation or medical examination, does not appear to be the most suitable qualified candidate for the position in accordance with provisions of the Town of West Hartford Personnel Rules.

If you fail to appear for any part of the examination process, or if you do not pass any part of the examination, your name will be removed from any further consideration.

An individual appointed to the position must satisfactorily complete an 18-month probationary period.

#### **Application Process**

Applications are available in the Employee Services Department, Room 221 of the West Hartford Town Hall; or may be accessed on the Town's website at <a href="https://www.westhartfordct.gov">www.westhartfordct.gov</a>.

FAILURE TO FULLY COMPLETE AND SUBMIT <u>ALL</u> APPLICATION MATERIALS WILL AUTOMATICALLY DISQUALIFY YOUR APPLICATION AND APPLICATION MATERIALS WILL BE RETURNED BACK TO YOU.

The Town of West Hartford shall not discriminate on the basis of race, color, creed, age, sex, national origin, physical disability or sexual orientation. The Department of Employee Services provides reasonable accommodation to persons with disabilities in accordance with the Americans with Disabilities Act (ADA). If you need an accommodation in regard to the application or testing process, please contact the Employee Services Department at (860) 561-7480.

#### **Town of West Hartford**

# **APPLICATION FOR EMPLOYMENT**

PLEASE READ BEFORE FILLING OUT THIS APPLICATION

In compliance with the Freedom of Information Act, this application and information contained herein may be considered a matter of public record.

The Town of West Hartford does not discriminate in hiring on the basis of race, color, religious creed, national origin, sex, age, physical disability or veteran status. No question on this application is intended to secure information to be used for such discrimination.

Please return this application to the Town of West Hartford, Department of Employee Services, 50 South Main Street, West Hartford, CT 06107. If you have any questions, call (860) 561-7480.

An Equal Opportunity Employer M/F

Answer every question on this application. Type or complete in ink.  Date:			
POSITION APPLYING FOR: POLICE OFFICER			
DATE OF BIRTH (must provide)			
PERSONAL INFORMATION			
Name:	Social Security #		
Name: First MIDDLE INITIAL LAST	Home Telephone Number:		
Address: NUMBER STREET	Business Telephone Number:		
NUMBER STREET	Cell Phone Number:		
CITY STATE ZIP	Email:		
Any other Name Known as (AKA, Maiden)	Driver's License # State:		

ANY FALSE OR UNDISCLOSED INFORMATION IN ANY PART OF THE APPLICATION PROCESS WILL RESULT IN AUTOMATIC TERMINATION OF YOUR APPLICATION. THIS INCLUDES, BUT IS NOT LIMITED TO THE FOLLOWING: DRUG USE, ARREST HISTORY, MOTOR VEHICLE HISTORY, WORK HISTORY, PLACE OF RESIDENCE, AND MILITARY SERVICE.

		<del></del>		
MIMIMUM QUALIFICATIONS: (Check all that apply)				
<ul> <li>Associates Degree <u>OR</u> equivalency (60 credit hours) at an accredited college/univer</li> </ul>	rsity Y	esno		
OR four years active military experienceYESNO				
OR certified Connecticut police officerYESNO				
If yes to any of the above, attach appropriate documentation (transcript, DD-214, o	or Post Cer	tification.)		
Application Disqualifiers:				
You are subject to these disqualifiers during the background investigation, including the p	olvaranh:			
the control of the party of the	,	NO.		
Are you under 21 years old?	YES	NO		
Has your driver's license been suspended for ANY reason during the last 5 years?				
Have you been dismissed by any law enforcement agency?	· · · · · · · · · · · · · · · · · · ·			
Have you retired or resigned from any law enforcement agency while under				
investigation?		1		
Have you had 4 or more motor vehicle convictions in the last 3 years?				
Have you been convicted of a Felony or Class A or B misdemeanor?				
Have you been convicted of a domestic violence related offense?  Have you used ANY tobacco product (cigarette, Cigar, Hookahetc) within the last	ļ			
six months?				
Do you have body art that is in violation of the attached Body Art Acknowledgement?				
Have you used cocaine, LSD, misused a narcotic prescription, or committed any				
undetected felony drug use?				
Have you had a less than honorable discharge from any branch of the military?				
If you have answered yes to any of the above, your application will not be accepted and w	/ill be return	ed to you.		
Are you a citizen of the United States of America? Yes No				
If you answered no, your application will be returned. POST Certification requires US citizenship.				
Previous Applications:				
Have you previously applied for the position of Police Officer with the Town of West Hart	tford?			
Yes No If yes, date?				

#### **EDUCATION** (List All, attach additional sheets if necessary) CIRCLE LAST INSTITUTION NAME ADDRESS CITY STATE MAJOR COURSE YEAR LIST DEGREE OR SUBJECT COMPLETED RECEIVED G.E.D. EQUIVALENCY HIGH SCHOOL OR PREPARATORY 1 2 3 4 COLLEGE 1 2 3 4 1 2 3 4 GRADUATE WORK 1 2 3 4 **EMPLOYMENT RECORD:** Provide your employment history beginning with your most recent employer and work back listing ALL previous employers. Include any applicable military and voluntary positions. Use additional sheets of plain paper if you need more space. May we contact your present employer: Yes\_\_\_\_ No\_\_\_ Name & Address of Employer:\_\_\_\_\_ Starting Date: Month\_\_\_\_ Year\_\_\_ Ending Date: Month\_\_\_ Year\_\_\_ Beginning: Hours per Week: Hours per Week: Name and Title of your Supervisor:\_\_\_\_\_ Reason for leaving:\_ Your present or last job title: Your duties: 2) Name & Address of Employer:\_\_\_\_\_ Starting Date: Month\_\_\_\_ Year\_\_\_\_ Ending Date: Month\_\_\_\_ Year\_\_\_\_ Ending:\_\_\_\_\_ Hours per Week:\_\_\_\_\_ Salary: Beginning:\_\_\_ Name and Title of your Supervisor:\_\_\_ Reason for leaving:\_\_\_\_ Your last job title:\_\_\_\_ Your duties:

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3) Name & Address of Employer:	
Starting Date: Month Year	Ending Date: Month Year
Salary: Beginning:	Ending: Hours per Week:
Name and Title of your Supervisor:	
4) Name & Address of Employer:	
Starting Date: Month Year	Ending Date: Month Year
Salary: Beginning:	Ending: Hours per Week:
Name and Title of your Supervisor:	
Your duties:	
-	
CERTIFICATION: I certify the above	e information is correct and truthful. I realize, too, that
alsification of any information on this	s application may be grounds for rejection of this
application, or termination of employs	ment, depending upon when the falsification is out to check with previous employers and personal
references and release the Town, pr	evious employers and personal references from any
iability arising from disclosure of info	ormation concerning my past employment or personal
history. I further understand the acce	eptance of this form by the Town does not constitute an
	completely fill out this application may result in my
disqualification from any further cons	ideration for employment.
I hereby acknowledge that I have read the ab	pove statements and understand them.
SIGNATURE:	DATE:

#### **Drug Testing Supplement to Employment Application**

It is the policy of the West Hartford Police Department to maintain a safe, healthy and productive work environment for its employees; to provide quality service to the people of the Town of West Hartford; to maintain the integrity and security of its facilities and property; and to perform all these functions in a manner consistent with the interests and concerns of the Town.

Pursuant to these goals, the Town of West Hartford requires that candidates for the position of Police Officer pass a drug screening test as part of the pre-employment medical examination. The drug screening test covers illegal substances and certain legal substances subject to abuse.

The drug test will screen for the following compounds:

- Marijuana
- Cocaine
- Opiates
- Phencyclidine
- Amphetamines

The testing process requires that candidates sign a separate consent and release statement provided by the Town of West Hartford prior to drug testing. Refusal to submit to the testing process will result in the candidate's disqualification for further employment consideration.

My signature below indicates that I have read and understand the above statement regarding drug testing.

Print Name	 
Signature	
Date	

Non-Smoking Statement			
Dear Police Officer Candidate:			
In accordance with a Memorandum of Understanding, the Town of West Hartford requires that any Police Officer hired on or after January 1, 1989 shall refrain from smoking as a condition of employment.			
I attest that I have refrained from smoking (Cigar, Cigarette, Hookah and the like) for at least the past six (6) months, as indicated by my signature below.			
Name (please print):			
Signature:			
Date:			

#### **Body Art Acknowledgement**

Dear Police Officer Candidate:

As a condition of obtaining and continued employment with the Town of West Hartford Police Department, all Police Officers hired on or after December 1, 2012 shall adhere to the following standards regarding Body Art:

- The applicant agrees that as a condition of employment they will not <u>add</u> any body art (or portion there of) to an area of skin that is exposed while wearing a short sleeve uniform shirt or uniform shorts.
- Body art which could reasonably be interpreted as advocating violence or other criminal acts or as a symbol of intolerance or hatred is prohibited regardless of whether it is visible or not. Examples include symbols associated with Nazi, White Supremacy or Confederate groups, gang symbols, etc. Determination of acceptability is the sole discretion of the Chief of Police.
- Body art above the neckline, to include brandings, piercings and tattoos, are prohibited. (Exception: female applicants are allowed to wear two stud type earrings, no other ear adornments, while working.)
- Prior to the Oral Interview (interview with the Assistant Chiefs). An applicant will be required to provide a list of all tattoos and/or brandings and their location.
   Additionally, photo's of all tattoo's and brandings that would be visible while wearing a short sleeve uniform shirt or pair of uniform shorts shall be provided. Applicants will be given further instructions on this after passing the written exam.

I have read and acknowledge the above by	my signature below.
Name (Print)	
Signature	
Date	

#### Town of West Hartford

#### **AFFIRMATIVE ACTION QUESTIONNAIRE**

INSTRUCTIONS: The completion of this form is voluntary. However, the information is needed for compliance with governmental selection requirements and for EEO reports. It will be detached when your application is filed and the information on it will not be considered in the employment process.

1. Position Applied For: POLICE OFFICE	≣R .				
2. AGE (Please check one)					
21 to 25	26 to 40				
41 to 65	66 to older				
3. Sex:					
Female					
4. Ethnic Racial Status (Please check on	ne only)				
White	Hispanic American Indian/Al	askan Native			
Black/African American					
Two or more races					
Disabled Veteran	Vietnam Era VeteranOther Veteran				
5. HOW DID YOU HEAR ABOUT THIS J	OB?				
a)Internet	i)Minority Agency				
b.)Hartford Courant	j)Female Agency				
c)New Britain Herald	k) Radio/Television				
d)West Hartford News	I)A current employee				
e)CT Employment Service	m)Professional Journal				
f)Professional Organization	n)Private Employment Agency				
g)New England Minority News	o)Other				
h)West Hartford Web Site					
I certify that the above information is true and correct.					
NAME	DATE				
	CITY STA				
SIGNATURE					

# AFFIRMATIVE ACTION The Town of West Hartford, in compliance with Title 1 of the American with Disabilities Act of 1990 (ADA), and Section 503 of the Rehabilitation Act of 1973, takes affirmative action to employ and advance in employment qualified individuals with disabilities. If you have such a disability and would like to be considered under the

Submission of this information is voluntary and refusal to provide it will not subject you to discharge or disciplinary treatment. Information obtained shall be kept confidential, except that (1) supervisors and managers may be informed regarding restrictions on the work or duties of qualified individuals with disabilities and regarding necessary accommodations; (2) first aid and safety personnel may be informed, when and to the extent appropriate, if the condition might require emergency treatment; and (3) government officials investigating compliance with the Act shall be informed.

Affirmative Action Program, please tell us.

Are you able to perform the essential functions of the job with or without accommodation?YesNo
If you are disabled, are there any accommodations needed to participate in the application process or accommodations which we could make which would enable you to perform the job properly and safely, including special equipment, changes in the physical layout of the job, elimination of certain duties relating to the job, or other accommodations? Yes No If "Yes," please explain:

# **CHIP Card**

The CHIP Card enables candidates to take the required Physical Ability Assessment and apply to multiple police departments.

The Physical Ability Assessment is a standardized test used by all Connecticut Police Departments, following standards set by the Police Officer Standards and Training Council of the State of Connecticut.

In order to become a police officer in the State of Connecticut, candidates must pass the Physical Ability Assessment by meeting the standard for all four components of the test:

- Muscular endurance
- Anaerobic power
- Absolute strength
- Cardiovascular capacity

When an applicant successfully completes the physical ability test, he or she will receive a CHIP Card. The CHIP Card is valid for six months from the original assessment date and allows a recruit to apply for a job with any participating CHIP police department, without taking the Physical Ability Assessment again.

WWW.CERTIFYFIT.COM

# Complete Health & Injury Prevention

CHIP was founded in 1996 by Sean Cassidy.

Sean, a former Certified Athletic Trainer and Certified Cooper Law Enforcement Physical Fitness Specialist, was exposed to the hiring process municipalities undertake when seeking qualified police candidates while he was employed as a PT Instructor by the Connecticut Police Officer Standards and Training Council.

CHIP was awarded a contract by the Capitol Region Council of Governments (CRCOG) to provide physical ability assessments for their public safety council. The CHIP Card was the result of the CRCOG contract.

#### The goals of the CHIP Card:

- Reduce the burden on the police candidates by allowing them to take one Physical Ability Assessment that would be accepted by multiple police agencies.
- Reduce the time and cost for the police departments by allowing one centralized group to provide the Physical Ability Assessment.

Police departments throughout the state are realizing the convenience of working with a central testing service that not only caters to their unique assessment needs, but helps to expand their potential pool of applicants at no additional cost to the department.

Testing with CHIP helps candidates apply to a network of participating police departments and helps departments conserve resources by outsourcing their testing.

# The Test

How to use the CHIP test when applying to a police department:

Passing the Physical Ability Assessment is a prerequisite for candidacy with many police departments in the State of Connecticut. By the way, the CHIP Card has been accepted by public safety agencies in NY, NH, WY, MD, and VT. If your applying to a department outside of Connecticut ask the agency if they will accept your CHIP Card results. CHIP simplifies the process by enabling police applicants to:

- Take one assessment
- Pay one fee
- Use test results for multiple police departments

Once a candidate passes a CHIP Physical Ability Assessment, he or she receives a CHIP Card that is valid for six months and is accepted by all CHIP participating departments.

#### Registering for a Test WWW.CERTIFYFIT.COM

To begin the process of registration for a CHIP Physical Ability Assessment, simply check our calendar of upcoming assessment dates and register online prior to the corresponding registration deadline. You must also download and complete a medical form and a waiver form and bring them with you to the test. A fee of \$65 will be collected at the time of registration. All payments must be made online using a credit card. No refunds will be provided.

### What You Need On the Day of the Assessment

#### Identification

In order to participate in a Physical Ability Assessment proctored by CHIP, you must provide two forms of identification. One form of identification must be a photo ID, preferably your driver's license. If you don't have a current driver's license, you can bring one of the following:

- Government-issued photo identification
- Military photo identification
- Current passport

One other form of identification must also be presented on the day of the assessment, including:

- Work ID
- Birth certificate
- College ID
- Social Security card

#### Insurance card

#### Medical and Waiver Forms

Both forms must be printed out and completed. The medical approval form must be signed, stamped and dated by a MD, NP or PA. You will not be allowed to take the test without a signed medical approval form.

#### **Appropriate Attire**

Appropriate athletic attire, including athletic shoes, must be worn to the assessment. Weather conditions should be taken into consideration when dressing for the assessment as you will be outdoors during portions of the assessment.

It is highly recommended that individuals bring water with them to the test. Candidates should not bring bags, backpacks, or digital devices with them to the test

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# **About the Physical Ability Assessment**

What the CHIP test involves and the scores you need to pass:

The Physical Ability Assessment includes the following four components:

- Muscular Endurance: The score is the number of bent-leg sit-ups performed in one minute.
- Strength: The score is the number of correct full-body push-ups performed in one minute.
- Anaerobic Power: The score is the time it takes the candidate to run at maximal effort for a distance of 300 meters.
- Cardiovascular Capacity: The score is the time (minutes:seconds) it takes the candidate to perform a 1.5-mile run.

# **Standards for Passing**

The minimum scores for employment as a police officer are included below.

Age/Gender	Sit-Ups	Push-Ups	300 Meter Run	1.5 Mile Run (Minutes: Seconds)
Male 20-29	38	29	59 seconds	12:38
Male 30-39	35	24	59 seconds	13:04
Male 40-49	29	18	72 seconds	13:49
Male 50-59	24	13	83 seconds	15:03
Male 60-69	19	10	N/A	16:46
Female 20-29	32	15	71 seconds	14:50
Female 30-39	25	11	79 seconds	15:38
Female 40-49	20	9	94 seconds	16:21
Female 50-59	14	7	N/A	18:07
Female 60-69				20:06